

Social Service League Health Projects Will Continue

The Cohasset Social Service League this year under contract with the Board of Health of the town, will continue to provide community health nursing services to residents of Cohasset.

These services include: Senior Keep Well Clinics, Well Child Conferences, hypertension screening, tuberculin detection, health promotion and disease control activities.

The Senior Keep Well Clinics are held on the fourth Wednesday of the month from 1 - 3 p.m. in the Recreation Room of the Senior Housing at 60 Elm St., and on the third Wednesday of the month from 1:30 - 3 p.m. at the Social Service League Office, 83 South Main Street. At these

clinics blood pressure is taken, urine tested, weight checked and hematocrits done. Diets, medication and health problems are discussed. All residents over sixty years of age are urged to attend. There is no charge.

In response to the increased demand for hypertension screening for residents of all ages, a Saturday morning hypertension screening clinic is to be held on March 31 from 9 - 11 a.m. at the Social Service League office. There will be more details about this clinic at a future date.

There are three Well Child conferences planned for 1979. The first clinic is scheduled for March 13 from 9 - 11 a.m. Parents of pre-school children

who would like to make an appointment for their child, or who would like to know more about clinic services may call the office.

In cooperation with the Police and Fire departments, a program which is going to be called **White Alert** is in the process of being initiated by the Social Service League. Frequently, when a medical emergency arises, individuals, because of their medical condition are unable to supply the hospital and/or ambulance personnel with pertinent medical and social background and information which is important for their treatment and care.

This program supplies this information by having individuals who would like to participate in the program complete Emergency Information Cards to be kept in the individuals home in case of an emergency. A coding system would alert ambulance E.M.T.'s that this patient information was available.

Those who would like to know more about the program or who would like assistance in filling out **White Alert** Emergency Information Cards may contact the League on Mondays.

A community health nurse is available to residents of Cohasset from 8 - 9 a.m. and 12 - 1 p.m. Monday through Friday. Town residents who need their blood pressure checked, who need injections or other health related information, including health services available to them, may drop into the Social Service League office at this time or call for more information.

The Social Service League is also a certified Home Health Agency which provides Visiting Nurse, Physical Therapy, Medical Social Work services and Home Health Aide services for home bound patients. These services are available to all residents of Cohasset and many services are covered under the Medicare program.

Residents are urged to contact the League if you have any questions about Medicare home health care coverage or about other services which the League offers, including the Senior Shuttle Bus, loan of medical equipment, Meals on Wheels or youth employment services.

The League also employs a professionally trained social worker who offers individual, family and marital counseling. A sliding fee schedule is utilized and no one is denied services due to inability to pay.



SLIPPERY STUFF — Marie Longelle, 4, seems to be looking for some help to keep her spaghetti on the fork at Kindergarten lunch at Community Center. (Greg Derr photo)

School Cafeteria Menus

MONDAY, FEBRUARY 5, 1979

Breakfast:

Juice, milk, ass't cereals
Cheese ravioli w. meat sauce
Green beans
Italian bread and butter
Assorted fruits
Milk

Alternates:

Meat ball sub
or
Pizza

TUESDAY, FEBRUARY 6

Breakfast:

Juice, milk, waffle
Roast beef in gravy
Mashed potato
Buttered carrots
Roll and butter
Cherry square
Milk

Alternates:

Hamburg special
or
Frankfort in roll

WEDNESDAY, FEBRUARY 7

Breakfast:

Juice, milk, scrambled egg
Hamburger in school baked roll
Assorted relishes
Potato chips
Salad
Fruit
Milk

Alternates:

Peanut butter & jelly sand.
or
Pizza

THURSDAY, FEBRUARY 8

Breakfast:

Juice, milk, cinnamon roll
Baked chicken
Rice pilaf
Buttered peas
Roll and butter
Frosted cake
Milk

Alternates:

Ham sandwich
or
Hamburg special

FRIDAY, FEBRUARY 9

Breakfast:

Juice, milk, Eng. muffin
Oven-fried fish
French fries
Tossed salad
Roll and butter
Fruit jello w. topping
Milk

Alternates:

Gilled cheese
or
Pizza

MEETING TIMES

This week's and next week's Selectmen's meeting will meet on Thursday nights, tonight Feb. 1, and Feb. 8, at 8 p.m. in the Town Hall.

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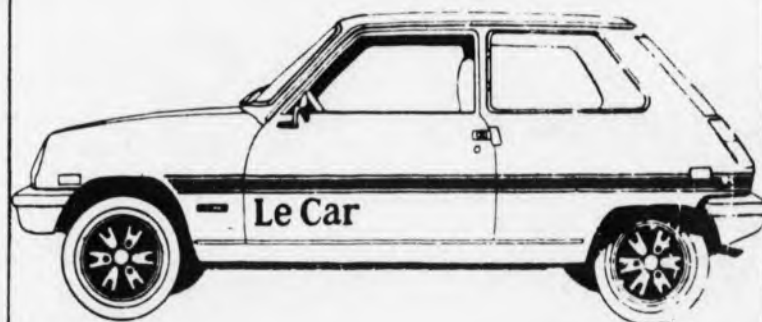
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